

LONDON metro®



Robert Piluso
Jan. 4
North York



**\$20 MILLION
WINNER**

CAPITAL OFFENCE

A RARE DOUBLE-CALL AGAINST WASHINGTON'S ALEX OVECHKIN ALLOWS THE RANGERS TO SCORE TWO QUICK GOALS AND GO ON TO A BIG WIN **PAGE 14**



Beware those bogus bucks

A surge in counterfeit U.S. bills has London police warning buyers and sellers to be on the lookout for the phoney greenbacks **PAGE 2**

J.R. rides into the sunset

The new Dallas episode is a tribute to both the beloved series' rascally oil baron and the actor who played him **PAGE 8**

March breakdown

Too often, March break means a march right into the madhouse for parents. But a few simple strategies can avert the annual meltdown **PAGE 10**

NEWS
WORTH
SHARING.



Lighting up London for the world

World Figure Skating Championships.

Sound-and-light show makes for bright debut



ANGELA
MULLINS

angela.mullins@metronews.ca

A digital figure skater twirls onto the set, kicking up ribbons of bright white light.

She leaps, twists and flows from one move to the next, unleashing brilliant bursts of colour that turn into familiar scenes detailing London across the decades.

The Tree of Light show is 10 minutes' worth of powerful moments mixed with grace — everything Tourism London chief John Winston has been promising for the past year, several people said after its Sunday-night debut.

In a word, the show is "fantastic," said Nick Bilyk, 39, of London, one of several thousand people who crammed onto Talbot Street.

Created by Montreal-based Moment Factory, Tree of Light aims to be symbolic of Lon-

Seeing the light

- Tourism London hired Montreal's Moment Factory to create Tree of Light.
- The new-media and entertainment studio opened in 2001 and has more than 300 events and installations to its credit.
- Moment Factory's work includes animations for Bon Jovi's Because We Can world tour, visuals for Madonna's 2012 Super Bowl halftime show and projects for Disney, Nine Inch Nails, Microsoft and Cirque du Soleil.

don, branding it as a place that "is" community, arts, education, science and, most of all, proud of figure skating.

It also speaks to the city's connection to the country and large hubs such as Montreal, Vancouver and Edmonton.

"It's not just about London. (The skating championships are) a Canadian event, and we're selling the country as

a whole," Winston said. "London really is the portal to the Canadian experience."

The digital figure skater serves, in essence, as a narrator throughout the show, setting the scene while a snowflake-dotted forest, key moments from London's history and images of skating legends sprawl across the east side of Budweiser Gardens.

One of the goals was to bring Londoners and visitors together for a memorable experience. Mission accomplished, Bilyk said. "I think the words that were projected along with the images really speak" to what London is all about, he said.

Catch the Tree of Light at 8 and 10 p.m. on Monday and Tuesday; 8 and 10:10 p.m. on Wednesday, Thursday and Friday; and 8, 9:30 and 11:20 p.m. on Saturday.

On the web

Go to metronews.ca to watch a video of the Tree of Light debut.



An image of Canadian figure skater Kurt Browning rolls across the side of Budweiser Gardens during the Sunday night debut of the Tree of Light sound-and-light show. More coverage, page 4. ANGELA MULLINS/METRO



MY VISION
IS WORTH
\$_____.

We know your
vision is priceless.
But it doesn't
have to be costly.

Say goodbye to glasses and contacts
with laser vision correction
starting at \$490/eye*

Find out how we do it at lasikmd.com
Free consultation: 1-855-895-2020

LASIK MD
VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Police warn of funny money

Greenback. Fraud investigators on the lookout for people behind counterfeit U.S. dollars



ANGELA MULLINS
angela.mullins@metronews.ca

Call it a case of seller beware.

As thousands of international visitors descend on London, police are urging businesses to be on the lookout for phoney money.

The biggest concern is counterfeit \$100 US bills, Const. Chris Stumpf said. While it's not unusual for fake cash to crop up from time to time, there's been a spike in recent reports.

"Within the last couple of weeks, going back to the beginning of March, we've seen an increase," Stumpf said. "Some of them are pretty bad, where you can definitely tell that they're counterfeit. Some of them are fairly hard to distinguish."

Amy Boot, a server at Strano's at the Market, is pretty sure she's never fallen victim to counterfeit cash. Then again, she's not even really sure what a \$100 greenback should look like.

"I know all the tricks for the Canadian currency," Boot said. But, "I have no idea how to tell if (U.S.) money is fake."

London police are urging

Fine details

The U.S. Secret Service recommends people check the following to ensure money isn't counterfeit:

- Portraits should stand out from background with obvious contrast.
- Points of the Federal Reserve and U.S. Treasury seals should be sharp and distinct.
- Border lines should be clear and unbroken.
- Serial numbers should be evenly spaced and printed in the same colour ink as the treasury seal.
- Real currency has tiny red and blue fibres embedded in the paper.

people to brush up on their detective skills by checking out secretservice.gov/money_detect.shtml, which gives pointers for picking up on phoney.

Although businesses are targeted in the police alert, consumers should also be on the lookout.

Businesses breaking U.S. dollars may also give their change in American currency, Stumpf said. Anyone with concerns or information should contact police at 519-661-5670, or Crime Stoppers at 1-800-222-TIPS (8477).

"We obviously want to find the source of who's distributing these bills," Stumpf said.



Kara Pihlak works the till Sunday at The Little Red Roaster in Covent Garden Market. The market is expected to be a hotbed of tourist activity, and possibly U.S. currency, during this week's skating championships at Budweiser Gardens. ANGELA MULLINS/METRO

Cops looking for tips in motorcycle crash



Police are looking for the driver believed to have caused a Wednesday accident in west London.

A motorcycle crashed about 3:30 p.m. after the driver swerved to avoid a black sedan that turned into its path on southbound Veterans Memorial Parkway

north of Page Street.

The motorcyclist was taken to hospital with serious injuries after witnesses called 911. It's unknown if he remains hospitalized. His injuries are not believed to be life-threatening, Const. Chris Stumpf said.

The driver of the sedan

left the scene, possibly not knowing the motorcycle had crashed, Stumpf said. There was no contact between the vehicles, he added.

Along with the driver, police want to talk to additional witnesses.

ANGELA MULLINS/METRO

Crime Stoppers

Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS, or visit londoncrimestoppers.com.

Crime Stoppers

'Gold' rush?

London police would like to warn the public about a scam in the London area.

People have been selling "gold" jewelry out of vehicles in retail store parking lots. The jewelry has very little or no gold content.

The suspects usually operate as couples or small family groups. **METRO**

Western University

Province investing in brain research

The Ontario government is investing in world-leading brain research at Western University to help bring better health care and increased investments to London.

As part of the recently announced five-year, \$100-million commitment to the Ontario Brain Institute, the province is investing in a re-

search project on neurodegeneration, led by Dr. Michael Strong, dean of Western University's Schulich School of Medicine and Dentistry. The project's goal is to improve patient care across the province. **METRO**



Michael Strong
SCHULICH.UWO.CA

Youth Advisory Council

Election results

The votes are final in the election for the next London Youth Advisory Council. Elected: Abid Ahmed, Jake Sutton, Amir Farahi, Amna Wasty, Arthur Gonzales, Jamie Martinez, Jordan Sojnocki, Kaylie Sorrenti, Matt Helfand, Rachel Macaulay, Samantha Rouble, Lester Tam and Christine Ye Wang. **METRO**

Female science students

Western partners with Hydro One

Western University announced a new partnership with Hydro One, Ryerson University, University of Ontario Institute of Technology, and University of Waterloo to increase enrolment and career opportunities for female students studying science, technology, engineering and math. **METRO**

Monday and Tuesday

Public practice

Competition doesn't begin until Wednesday, but figure skaters will be practising Monday and Tuesday at Budweiser Gardens and the Western Fair Sports Centre. Practice times are between 7 a.m. and 11 p.m. For up-to-date information, visit worlds2013.ca. **METRO**

Visitor information

We welcome you

A new Downtown London Welcome Centre will be opening at 123 King St. It will be open Monday to Saturday, 9 a.m. to 11 p.m., and Sunday, 9 a.m. to 2 p.m. Visitors are invited to drop by for info on the skating worlds and things to do around London. **METRO**



Downtown London Welcome Centre
CONTRIBUTED

2014 Olympics

Lots on the line

A potential Olympic berth is on the line for competitors at the World Figure Skating Championships. Skaters will vie for their countries' qualifying spots for the 2014 Olympics in Sochi. More than 200 skaters from as many as 50 countries will compete. **METRO**

Canadian hospitality

London No. 7 in Canada to host

London is the seventh Canadian city to host the World Figure Skating Championships, the first since Calgary in 2006. Calgary also hosted the worlds in 1972. Vancouver and Ottawa are the other Canadian cities to host twice. **METRO**

Attending

Got tickets?

Tickets for Monday and Tuesday's practices, as well as the main events, can be purchased at budweiser-gardens.com, by phone at 1-866-455-2849 or in person at the Budweiser Gardens box office. Tickets are not being sold at the regular Bud Gardens outlets. **METRO**

Nice ice

Top form. Budweiser Gardens aims to offer 'world class' surface for figure skaters

ANDREW SERCOMBE
london@metronews.ca

Skate Canada and the International Skating Union need the ice conditions in London to be at their best when figure skaters jump, spin and dance across at Budweiser Gardens.

For eight years, Art Johnston has made ice at Budweiser Gardens, tailoring the building's ice for the London Knights and other events. Johnston says figure-skating ice is different than what hockey players skate on and his top priority is to make the ice safe.

"Soft ice is safer for figure skaters and allows toe picks to dig into the ice rather than skipping across it like hockey ice would," said Johnston. "That way, the ice won't blow out when skaters land on their toe picks when they jump. This creates a safer environment for them."

Soft ice may sound like an oxymoron, but it is vital to the athletes' safety. To make the

figure-skating ice softer than that on which the London Knights play, Johnston will increase the temperature on Budweiser Gardens' refrigeration compressors and build the ice to be thicker.

"Figure-skating ice is warmer," says Johnston. He says the ISU and Skate Canada have given him certain mandates for temperatures: the ice needs to be 25 F (-3.9 C), while hockey ice is set at 18 F (-7.8 C).

Hockey ice is between one and 1.25 inches thick. The figure-skating ice will increase to two inches thick.

The ice will be painted grey for figure skating, rather than white for hockey. The existing logos and hockey lines will be painted over and replaced with new logos.

"Everything will be gone," says Johnston. "You won't even recognize the ice."

Painting the ice took one day with six to eight people working with Johnston. Once the paint dried, Johnston and two other employees spent another day using a boom to spray a mist of water over the ice.

After the mist and a few circles with the Zamboni, Johnston says the ice will be "world class."



Members of Budweiser Gardens' operations team prepare new logos onto the ice in preparation for the World Figure Skating Championships. The ice was transformed Tuesday from hockey ice into ice specific to figure skating.

ANDREW SERCOMBE/FOR METRO

Bio

A day's work

This is not Art Johnston's first international event.

Johnston was an ice-resurfacing operator for men's hockey at Rogers Arena during the 2010 Olympics in Vancouver. He drove the Zamboni during the bronze-medal game between Finland

and Slovakia and he was part of the ice crew during the gold-medal game between Canada and the U.S. Johnston was an ice-maintenance supervisor for sledge hockey at the Paralympics that year as well.

At Bud Gardens, Johnston built the ice for both the 2005 and 2010 Canadian Figure Skating Championships, and the 2011 Tim Hortons Brier.



Art Johnston FOR METRO

Media Say 'konnichiwa'

The 2013 World Figure Skating Championships are upon us.

Yes, there'll be longer lines at coffee shops, Londoners. Anticipate denser traffic and other such inconveniences as well.

But nothing will compare to the exposure the city is set to receive thanks to a horde of international media setting up shop for the week.

Skate Canada estimates 160 million people worldwide will be watching on TV, with the bulk of that total coming from Asia. Domestically, CBC holds the broadcasting rights.

"It's really an opportunity for Canada's London to shine," said Barb MacDonald, Skate Canada's director of corporate communications. "And it will shine on the world stage brighter than it has before, from a sports-tourism perspective."

There are more than 500 journalists and crew members registered to cover the worlds, with Japan sending the most from another country.

A large contingent of journalists from both Korea and Germany, nations with strong chances of claiming multiple medals, are also attending. Longtime figure-skating powerhouse Russia will be well represented, too, especially since it is hosting the 2014 Olympics.

JOHN MATISZ/METRO



canada's
london
alive

Show us your Canada's London

Tag your photos with #canadaslondon and watch them appear on our website photo feed.

canadaslondon.com

Cardinal Ouellet earns blessing for pope — but not because they like him

Sexual abuse. Group feels best way to get local scandal noticed is to net Quebecois pope

A Quebec group representing people abused by priests hopes Cardinal Marc Ouellet will be the next pope, though not necessarily because it feels he's the best candidate.

Spokesman Carlo Tarini says a Ouellet papacy would thrust a number of sexual-abuse cases involving Quebec priests into the spotlight.

"The people here today are not here in jest supporting his nomination as pope," Tarini said at a small rally on Sunday on the steps of a Montreal church.

"They are really hopeful that he is elected, because 1.2 billion Catholics will be made aware of the victimization of children here in Quebec by pedophile priests."

Many at the rally, which included members of other victims groups, said they are hopeful for progress on cases that have been stalled for years.

Tarini suggested appointing a mediator between the

church and victims, such as former Supreme Court justice Michel Bastarache, who took on a similar role in New Brunswick.

The Quebec-born Ouellet is considered one of the contenders to succeed Pope Benedict.

Ouellet has come under fire from critics who say he didn't do enough to address sexual abuse in his home province.

Lucien Landry, head of an organization for abused Quebec orphans, said Ouellet didn't make an effort to work with victims while he was archbishop of Quebec City.

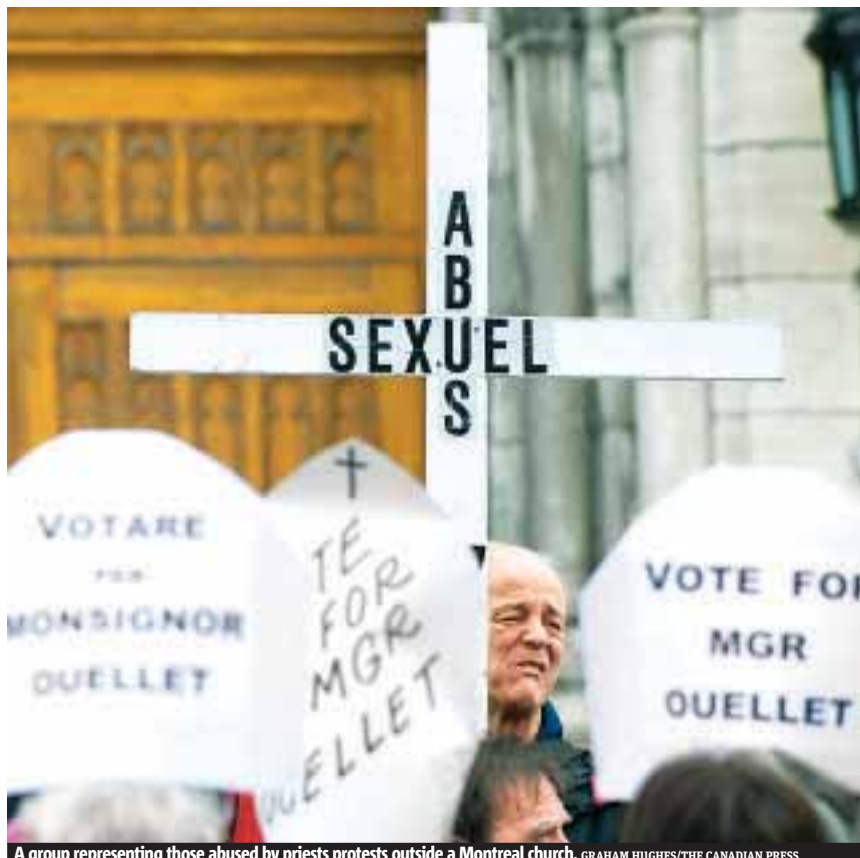
Landry attended the rally but stressed that he doesn't believe things would be any different if Ouellet became pope.

"In our heart of hearts, we don't think he would fix the situation," he said.

Luc-Robert Archambault, representing a group of victims from Montreal's College Notre-Dame, a boys-only boarding school, was also skeptical.

In an interview with the CBC last week, Ouellet defended the church's handling of its sexual-abuse scandals and said it had to bear intense public scrutiny.

"But it is not a Catholic problem; it is a human problem," he said. **THE CANADIAN PRESS**



A group representing those abused by priests protests outside a Montreal church. GRAHAM HUGHES/THE CANADIAN PRESS

Personal life

Family fears papal win

The papal front-runner is also known for fancying moose-steak dinners, eating dessert off a sibling's plate and gunning his uncle's tractor until it broke — though he is also remembered for nearly burning down the family barn.

If he becomes pope, however, Cardinal Marc Ouellet's family fears such intimate moments will be lost forever.

"We're quite frank about it as a family — we would prefer to have a brother," his younger brother, Roch, said in an interview in their hometown of La Motte, Que.

Marc sent a message home to his family last month, instructing them to think of their 90-year-old mother's well-being before anything else during what he predicted would be an inevitable media storm.

Pardon backlog to last for years



Jon Graham, 40, who was fined \$100 for possession of marijuana and mischief when he was 21, says he's been waiting more than two years for his pardon, which he sought mainly to travel to the U.S. DARRYL DYCK/THE CANADIAN PRESS

The Parole Board of Canada has begun to tackle a backlog of almost 22,000 pardon applications, many of which have been stuck in limbo for years.

The effort, which began with the hiring and training of 21 temporary, full-time clerical staff and pardons officers, isn't expected to clear the backlog for another two years.

All the files pre-date the March 2012 omnibus Conservative crime bill, when the Harper government quadrupled the application fee to \$631. Those who applied under the higher fee are at the front of the line.

Public outcry over a controversial pardon led Parliament in June 2010 to beef up the system by making the Parole Board grant no pardon that could bring the administration of justice into disrepute.

A three-strikes rule was proposed, so that anyone with more than three convictions for indictable offences with two-year sentences could never be pardoned. Certain offences, such as sex crimes against chil-

Origin

The backlog is the result of a massive pardons crackdown sparked by a single case.

- In May 2010, it was revealed that Graham James, a former junior-hockey coach convicted of sexually assaulting players, had been quietly pardoned three years earlier.
- He was facing fresh allegations at the time, to which he has since pleaded guilty.

dren, were made ineligible.

The crime-free cooling-off period after a sentence was fully served was increased to five years from three for lesser offences, and doubled to 10 years from five for indictable offences.

The application fee, long set at \$50, was jacked to \$150 and then to \$631. **THE CANADIAN PRESS**

Elliot Lake. Mall owner reckless, ex-manager says

The owner of a northern Ontario mall that collapsed last June had no regard for public safety and saw himself as the victim of a conspiracy, one of his former employees alleges.

Documents filed at the inquiry into the collapse show the former manager of the Algo Centre Mall in Elliot Lake, Ont., quit after claiming owner Bob Nazarian pressed her to commit two break-and-enters.

Nazarian denies having done anything illegal.

The allegations come in a statement Henri Laroue gave in May 2011 to the local fire chief.

The city had tried unsuccessfully for months to have Nazarian remedy a series of fire-safety deficiencies.

Nazarian, she said, asserted the city was "obviously fabricating" the issues to drive up costs so he would lose the mall.

In March 2012, three months before two women died in the collapse, Nazarian pleaded guilty to two fire-code charges and paid a \$5,000 fine.

He also faces a contempt citation in Divisional Court for failing to turn over documents demanded by the commission.

THE CANADIAN PRESS



Demolition continues on the Algo Centre Mall. COLIN PERKEL/THE CANADIAN PRESS

#notdeadyet. Bored in the afterlife? Just keep on tweeting

Twitter fanatics can now rest in peace comfortably knowing that they can continue to tweet from beyond the grave.

Drew Matthews, 35, an avid Twitter user from Toronto, is among those who have signed up for a project that keeps a Twitter user's account going after they die.

LivesOn, being developed by British ad agency Lean Mean Fighting Machine, will set up a second Twitter account that will add "LIVESON" to the user's current handle and study tweets, favourites, retweets, and even writing style in order to eventually begin replication.

Matthews says he tweets about 10 times per day and wonders how LivesOn will be able to mimic his style. "Sometimes tweets are just movie or song quotes and sometimes it's situational," says Matthews.

"I tend to complain about a lot of stuff so I don't know if (my LivesOn account) will be complaining until the end of time or if it knows I've tweeted about songs and it picks out other lyrics to post."

Dave Bedwood, a LivesOn spokesman, says the accounts will begin generating tweets while the user is still alive as it continues to improve its mimicking of the user's syntax.



An ad agency in the U.K. has created a project called LivesOn, which sets up automated Twitter accounts that will learn to mimic a user's tweeting style — and then keep tweeting after the original user is dead. ISTOCK

"Once people get over the death question, there's the fact that this will be very useful for the living," he says. "In fact it needs the living to work, they have to teach it and in doing so, it becomes an online twin."

LivesOn accounts will be private and will only have one follower: the user that it's mirroring.

When the user is deceased, a family member or close friend, who Bedwood calls an executor, can decide whether to make the account public so that tweets can continue to be generated from the afterlife.

"It's all a very early beta version of the matrix," says Bedwood. **THE CANADIAN PRESS**



This Oct. 30, 2012, photo provided by the U.S. Air Force shows an aerial view of the devastation along the New Jersey shoreline following Superstorm Sandy. Increasingly, homes damaged by Sandy are being put up for sale. MASTER SGT. MARK C. OLSEN/U.S. AIR FORCE/THE ASSOCIATED PRESS FILE

Open-concept, waterside living — yours for a song!

Need a fixer-upper? Homes damaged by Superstorm Sandy are hitting the market, some at big discounts

Quoted

"They either don't have the funds or don't have the energy to go through the renovating and rebuilding process." Jeff Childers, a broker with Childers Sotheby's International Realty in Normandy Beach, N.J., explaining why some homeowners with Sandy-damaged properties are choosing to sell their houses rather than rebuild.

It sounds like the premise for a new reality TV series: Hurricane House, in which people would scour waterside communities in New Jersey and New York looking to buy homes damaged by Superstorm Sandy at a deep discount.

While there are bargains out there, ranging from 10 per cent off pre-storm prices for upscale homes on New York's Long Island and the Jersey Shore to as much as 60 per cent off modest

bungalows in Staten Island and Queens, it's still very much a game of buyer beware.

Not only are buyers on the hook for repairs and in some cases total rebuilds, they're also wading into a host of potentially expensive uncertainties about new flood maps and future insurance rates, zoning changes and updated building codes.

"It's totally changed the way I sell real estate," said Lawrence Greenberg, a sales associate with Van Skiver Realtors, whose

own Mantoloking, N.J., office was wrecked in the storm.

Prior to Sandy, prospective buyers rarely mentioned issues such as flood maps and building elevations until the matter of flood insurance came up — often at closing. "Now, everybody asks the question of elevation," Greenberg said. Even if potential buyers plan to tear down and build new, they ask about the pending changes in flood maps proposed by the Federal Emergency Manage-

ment Agency, because flood insurance rates will depend upon the new zones.

The number of for-sale listings in January in the 380 zip codes hit by the storm was about two per cent below the same time last year, according to online real estate information company Zillow Inc. That indicates that most homeowners are rebuilding, or have not yet decided how to proceed.

But real estate agents in New York and New Jersey say the majority of homes for sale in these areas have some damage from the Oct. 29 storm, and it appears to them that a rising number are being put on the market as the spring home-buying season approaches.

THE ASSOCIATED PRESS

Need a laugh? Don't miss
MOM'S THE WORD
FOR CRYING OUT LOUD

The Grand Theatre

MAR 19 - APR 6
519.672.8800
grandtheatre.com

Come in.
Start again.

Debts spinning out of control? Feeling overwhelmed? We're here for YOU. For a FREE financial assesment, meet with us and learn about our solutions.

McLay
Trustee in Bankruptcy

Helping people throughout Southwestern Ontario with debt relief for over 20 years.

519.310.FREE
or visit us at **www.mclay.ca**

BREAKING CYCLE OF VIOLENCE

Cameron Arksey is a project-oriented individual. And as the managing director at Warpaint Media, a creative services agency, he likes to work jobs from beginning to end.

Now, he's looking to do the same with a project outside of work. Break the Cycle is the name of the campaign, and the goal is to bring awareness to the issue of relationship violence. Arksey hopes to do so by producing a short video and resource kit for post-secondary students, particularly targeting potential aggressors.

He seems to be the right man for the job. In his three years as a residence advisor at Western University and two more working in the housing department, the Londoner gained some important insights into the lives of university students.

"I encountered countless instances of mental health problems, substance abuse, unhealthy relationships ... the list goes on," Arksey said.

Though he felt the university was doing a good job of addressing issues like sexual consent and sexual health in



URBAN COMPASS
Todd Devlin
london@metronews.ca

young relationships, he saw a need for more education on the general health of relationships.

"The issues of power and control in a romantic partnership are important ones and since abuse and violence come in so many more forms than just physical, young people need to be aware of these things," he said.

Providing that awareness is exactly what he aims to do with Break the Cycle. The educational video will first be offered to all in-residence and off-campus university and college students in London, as well as student leaders at both Western and Fanshawe.

The goal is to have the video ready for the beginning of the 2013-14 school year, though Arksey still has a ways to go in

reaching his fundraising goal of \$18,500. It's geared toward post-secondary students, he says, because that's an age group that doesn't receive enough education in the area of relationship violence.

That's problematic, and perhaps no one knows this more than Megan Walker, the executive director of London's Abused Women's Centre.

"It's the highest, most significant group that we work with as far as calls for service," she said. "And demand for service has seen a steady increase in that age group over the last five years."

According to Statistics Canada, the number of victims of dating violence doubled from 2004 to 2010. It's a troubling trend and Walker thinks Arksey is on the right track targeting potential aggressors with his campaign to "break the cycle."

"There seems to be this general philosophy amongst men in that age group that they can do whatever they like to women," she said. "We need to target men and boys and say to them you are responsible for the abuse and you need to stop this behaviour."

The fact that Arksey is male gives Walker great hope.

"More men need to get involved and more men need to take on this issue," she said. "So what's great about (Break the Cycle) is that here's a young man who is stepping up to the plate. It's a great project and we're really impressed."

To learn more about the project or to help fund it, visit: indiegogo.com and search for Break the Cycle.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

Outlook bleak two years later



Post-tsunami Japan anything but clean

Two years after the triple calamities of earthquake, tsunami and nuclear disaster ravaged Japan's northeastern Pacific coast, debris containing asbestos, lead, PCBs — and perhaps most worrying — radioactive waste due to the crippled Fukushima Dai-ichi nuclear plant looms as a threat for the region.

So far, disposal of debris from the disasters is turning

out to have been anything but clean. Workers often lacking oversight, training or proper equipment have dumped contaminated waste with scant regard for regulations or safety, as organized crime has infiltrated the cleanup process.

Researchers are only beginning to analyze environmental samples for potential health implications from the various toxins swirled in the petri dish of the disaster zone — including dioxins, benzene, cadmium

and organic-waste-related toxins, said Shoji F. Nakayama of the government-affiliated National Institute for Environmental Studies.

Gangsters have long been involved in industrial waste handling and police say they suspect gangsters are systematically targeting reconstruction projects, swindling money from low-interest lending schemes for disaster-hit residents and illegally mobilizing construction and clean-up workers.

THE ASSOCIATED PRESS

Fukushima

"Everyone, from bureaucrats to construction giants to tattooed gangsters, is trying to prey on decontamination projects. And the government is looking the other way."

Nakamura, who only wanted to be identified by his last name out of fear of retaliation, said of the corruption that has plagued the restoration process.

Clickbait

Rumours are spreading like mustard on social media sites about 'secret menus' at your favourite fast food chains. Here's what you won't see featured. But shhh!



between two beef patties.

Mc10:35

Although the company insists otherwise, McDonald's does have many items on the underground menu, according to social media sites. One is the Mc10:35 — which is the inside of a McDougle burger, minus the bun, inserted into an Egg McMuffin. It can only be ordered at 10:35 a.m., during the shift change from breakfast to lunch.

McGangbang

A bold order to ask from anyone — especially your McDonald's cashier — the McGangbang is a double cheeseburger with a chicken patty in

Suicide Burger

Worried it might be your last meal? Take a bite into Burger King's suicide burger, comprised of four beef patties, four slices of cheese, bacon and BK's special sauce.

Enchirito

This might be the worst kept secret: Taco Bell has loads of items on the secret menu. One popular choice is the enchirito. It's the regular enchilada, stuffed with beef, beans, cheese, diced onions and red sauce.

Letters

Re: The Other F Word, published March 8.

In the small article by Delia MacPherson, your author undermined herself, women and men by perpetuating a stereotype that is highly untrue.

In it she says "... men and women are equal in every right with the exception of maybe physical strength."

Women are equal in this respect because training equals

far more strength than what you naturally have.

Additionally, there are men who are not naturally strong or muscular who are discounted by such a statement.

Women who have naturally muscular body types and are built like line backers are made to feel fat, weak and like they should not do sports while men with lean body types are made to feel less masculine and therefore wrong and bad.

Heather Wilson, Toronto

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca



Tonight's episode of Dallas has the characters attending a wake and funeral for J.R. Ewing. Actor Larry Hagman, who played J.R., died of cancer in November. HANDOUT

Dallas bids farewell to its magnificent villain

Celebrating Hagman.

Tonight's episode of TNT's revival of Dallas is a fitting tribute to the man behind one of TV's worst scoundrels

Who killed J.R.?

That's the mystery propelling Dallas through the rest of its second season as a TNT revival.

And that question hangs heavy in the upcoming episode (airing Monday at 9 p.m. EDT), which confirms the sad truth every viewer knew was coming: glorious scoundrel J.R. Ewing has died, after decades of living-on-the-edge infamy dating back at least to 1980, when he was gunned down in his office and left for dead, leaving every viewer wondering who shot J.R.

J.R.'s fate was sealed this time by the intrusion of reality. In November, Larry Hag-

man died of cancer at 81. And when he died, he took J.R. with him.

So the new episode — surely the first without Hagman's deliciously vile presence — stands as a fitting tribute both to him and to J.R., complete with a wake and a funeral for the rascally oil baron. Even the oh-so-familiar theme music is rearranged from its quickstep tempo to a dirge. The message of this episode,

Remembering J.R.

J.R.'s memorial takes place at the Dallas Petroleum Club, where high-powered mourners flock to bid him farewell. Here are real-life local swells, including Dallas Cowboys owner Jerry Jones and Dallas Mavericks owner Mark Cuban. Here are Dallas characters from way back, including former wild child Lucy (Charlene Tilton), J.R.'s niece; Ray Krebbs (Steve

titled J.R.'s Masterpiece, is J.R. is gone but not forgotten.

Last Monday's episode featured the last, brief appearances by a visibly frail Hagman. There were three isolated scenes with J.R., who for reasons unknown had gone missing from Dallas. But the action mostly swirled among the other characters as they squabbled over Ewing Energies, which has pitted cousins John Ross (played by Josh

Henderson) and Christopher (Jesse Metcalfe) in a battle for its control.

In his final scene, near the end of the hour, J.R. was glimpsed at an undisclosed location on the phone with John Ross.

"Don't you worry, son, I've got a plan," J.R. told him. "It's gonna be my masterpiece. Because you shouldn't have to pay for my sins."

"What do you mean?" asked John Ross, struck by J.R.'s rare show of tenderness.

"Just remember, I'm proud of you," said J.R., as John Ross' eyes moistened. "You're my son, from tip to tail."

But at that moment, John Ross heard gunshots. He screamed into the phone, "Dad! Dad!"

Who shot J.R.?

"I need to know who killed my father, and why!" snaps John Ross in the new episode.

Sue Ellen, his mother and J.R.'s long-suffering ex-wife (played by Linda Gray), hoists a Dallas directory and reminds



him, "Half the people in this phone book wanted to."

Yes, J.R. had legions of enemies with scores to settle. But who among them did the deed? And why did J.R.'s time run out, in all places, in a room at a Mexican flophouse?

The task for Dallas to outlive J.R. Ewing is huge. Rest in peace, Larry Hagman. But there better be no peace on this show in J.R.'s absence if it hopes to survive its magnificent villain.

THE ASSOCIATED PRESS



Miley Cyrus

Miley Cyrus denies her wedding is cancelled

While her fiancée, Liam Hemsworth, is in his native Australia spending time with family, Miley Cyrus finds herself doing damage control, taking to Twitter to quash rumours that their relationship is in trouble.

"I am so sick of L.A. And sick of the lies that come with it," she posted last week. "I didn't call off my wedding."

Of course, being spotted out and about in Hollywood without her engagement ring on probably doesn't help. But a source assures E! News that all is well in the Hemsworth-Cyrus household.

"She is not listening to what everyone is saying about her and Liam," the source says. "Everything is fine between them, as far as I know."



Justin Bieber

Bieber can't stand stench of paparazzi

With Justin Bieber's bummer of a week in London behind him, at least one mystery has been solved: the Canadian pop star's penchant for wearing a gas mask in public.

"The gas mask Justin has been wearing around London is a joke between his friends, but people are starting to take it seriously," a source tells Us Weekly.

"All his friends take turns wearing it as a joke to throw off the paparazzi. It's not a serious thing, they're just having fun around London with it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan rejects latest plea deal

Prosecutors in Lindsay Lohan's latest legal battle have reportedly offered the troubled starlet a plea deal that would let her avoid jail time — but she doesn't want it, according to TMZ.

Sources tell the website that if Lohan agrees to plead guilty to as-yet-unspecified

charges, she'd only have to serve 90 days under house arrest and attend a mandatory rehab program. But Lohan is reportedly adamant that she will avoid any punishment whatsoever and has rejected the plea deal, the sources say.

Her trial is set to begin March 18.

Twitter



@JohnCusack

pressing legal matters beckon. writs being jammed under my door— not really but sounds dramatic



@Pink

I think this daylight savings time is really stupid and rude. I'm tired so screw you spring ahead!!!!



@SethMacFarlane

Drink ten cups of coffee and download "Dizzy Fingers" by the Carpenters. You will never need cocaine

The Word

Megan Hilty putting on a plain, public personality

THE WORD

Meredith Engel
scene@metronews.ca



Ivy Lynn, the emotional and outspoken would-be starlet on NBC's *Smash*, would never waste a moment in the spotlight.

But when we caught up with Megan Hilty, the actress who plays the dynamic character last Friday directly following her Carnegie Hall debut singing along with the New York Pops, we learned that her public persona is practically too perfectly polished, as if erring on the side of forgettable. After all, she kicked off the show by claiming that it was "literally a dream come true," and the clichés didn't end there.

What did it feel like to take that illustrious stage?

"It's great to be in front of a live audience again."

Was she nervous about performing as herself, rather than playing a character?

"That's the beauty of live theatre, I'm never going to be perfect."

Would she be willing to get competitive if she had to face off against *Smash* co-star Katharine McPhee for a role, mirroring the ongoing theme on the show?

"No, we all love each other."

And how would Ivy handle getting a solo concert at Carnegie?

"She probably would have had many more costume changes than I did."

Wait, did she just confirm

our thoughts that her fictional persona would make a more memorable impression? The most interesting "confession" came when the actress slyly revealed that she does in fact sit down to watch her own show air on Tuesday nights during a dialogue with Pops conductor Steven Reineke mid-show. Thankfully, we did witness a glimmer of that big Ivy personality when the blonde was visibly relieved to confirm that the bottle of champagne sitting nearby at the after-party was reserved for her. We can relate to any woman who puts her stiletto down when it comes to the serious issues, like getting her hands on a well-deserved glass of bubbly.

But here's our advice for Hilty: take a page from the Silver Linings Playbook of present media darling and recent Oscar-winner Jennifer Lawrence; the way to charm the pants off press and public alike these days is apparently less class, more sass.

Maybe we should have just hung around until after Hilty polished off that champagne.



All Equine Gala:

EVOLUTION OF THE HORSE



MARCH 16 & 17

SAT @ 7PM | SUN @ 3PM

A fully produced spectacle that celebrates the life of the Horse and Horse Sport, the "Evolution of the Horse" will share a tale of Horses from the dawn of time through present day, featuring **Jousting, Show Jumping, Harness Racing, Rodeo & Ranch Work, Heavy Horses, Reining, Dressage and more...**

TICKETS

\$15 Adult | \$5 Child (10 & under)

TICKETS AVAILABLE ONLINE

sponsored by:



WesternFairDistrict
 @WesternFair

WESTERN FAIR
district

be entertained
westernfairdistrict.com

Dental

Protect your baby's first teeth

We don't usually associate cavities or gum disease with infants, but in reality, oral diseases can begin early.

For example, early childhood caries is a form of severe tooth decay in the baby teeth of children from birth to age three.

It affects more than 10 per cent of preschool-aged children in Canada.

Parents can reduce the risk by following these simple care tips with your little one.

- Wipe baby's mouth and gums with a clean, wet cloth or piece of gauze after feeding.
- Gently clean newly erupted teeth with a small, soft toothbrush.

- Avoid fruit punches and other sweetened drinks in baby bottles, especially before bed.

- Rinse baby's mouth with water immediately after any liquid medication is given.

- Avoid transfer of your saliva onto items used by baby, including bottles, cups, pacifiers.

- Begin regular dental visits by



Baby teeth are important to healthy adult teeth. ISTOCK

age one. NEWS CANADA

Exclusively online

Apparently getting a Soho House membership is child's play versus snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



One, two, three ... break!

Spring break. It's not a reason to let the kids run wild, so stay calm and formulate a plan



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Just because the kids are on a so-called "break" doesn't mean you get to take a break from being a parent — I've tried. Personally, I like calling it March break instead of spring break. That's mostly because it's more descriptive in terms of the timing of it, but also because it serves as a reminder that we can, as parents, at any point during this "week off," demand that our kids "march." To their room to clean it up, to the dinner table without complaining, to the shower when they start

Congratulations

Kathy Buckworth's latest book, *I Am So the Boss Of You: An 8 Step Guide To Giving Your Family The "Business"*, has been optioned by Warner Brothers for a TV sitcom.



Talk to other parents to see if they'd be willing to combine some of the activities you have planned. ISTOCK

to smell and to the front door to get outside and start shovelling away that "spring" snow.

March break doesn't mean breaking the rules or the routines — in terms of bedtimes, meals and, let's face it, personal hygiene — but it can be a great time to break out some new activities that don't normally fit into your schedule.

If you have more than one child to organize during the week, have a discussion with all

of them to find out what they'd like to do, beyond just "not go to school." But do your own research first. Look up a few free activities (start with community events) so you'll have some easy and cheap suggestions to make to them.

Check out what (appropriate) movies will be playing, find out the hours and rates of pay-for activities at the bowling alley or roller rink near you and look into whether your lo-

cal public swimming pool has special events or hours in place during the break.

Talk to other parents to see if they want to either join you and your kids for some of your activities, and also if they'd be interested in trading off some time so that you can both get done what needs to be done during the week. Laundry and grocery shopping don't go on holidays! Trust me, I've also tried this.

Resist the temptation to let the kids stay up late as a treat, as it can be tough to get them back into regular bedtimes on the Sunday night before school starts up again, let alone having to deal with an overtired and under-eager student the next morning. You'll be ready for a break from the break by then yourself. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHY-BUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Return of the disruption that is daylight time



Kids and teens could be affected by daylight time for up to a week. ISTOCK

The idea of the hour of sleep we lost this past weekend may seem daunting to adults, but experts caution the return to daylight time could be more disruptive for kids and teens.

Younger Canadians are a notoriously sleep-deprived group, they said, adding that "spring forward" has the potential to bring even more disorder to unstable nighttime routines.

Dr. Shelly Weiss, a pediatric sleep expert with Toronto's Hospital for Sick Children, said kids and teens can feel the ef-

fects of losing a single hour of sleep for up to one week.

"It's harder to adjust in the spring because you're going forward, but if parents already have good routines, it's pretty simple to change," she said in a telephone interview.

To get kids into bed earlier, Weiss recommends removing laptops, cellphones and other electronics from the bedroom.

Such a move would eliminate potential bedtime distractions while also creating a darker room that's more conducive

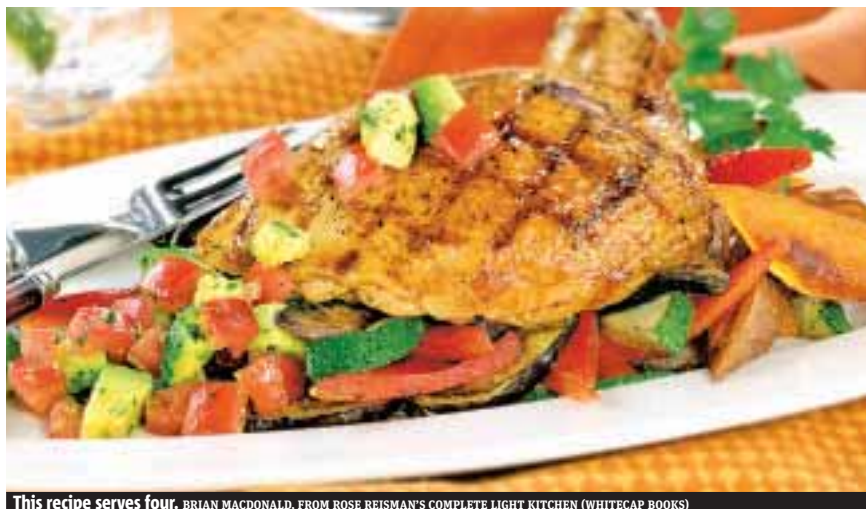
to sleep, she said.

Weiss said research suggests a quarter of parents report that their children have trouble sleeping, a phenomenon she chalks up in part to poor sleep habits.

"Unfortunately there are many children who don't have a regular routine or a regular sleep and wake time," Weiss said. "It gives you a good chance to think about how you could improve that around daylight savings in an ongoing way."

THE CANADIAN PRESS

Chicken's dressed to impress in this avocado salsa dish



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
life@metronews.ca

This is a beautiful looking (and tasting) chicken dish to wow your guests. The salsa has a fresh taste, and the contrasting colours are beautiful. For a more formal dinner, make this with chicken supreme — the breast with wing attached.

A student chef gave me a great tip to prevent avocados from going brown. Before cutting the avocado and without piercing it, heat it on high in a microwave for 30 seconds. It truly works!

Serve the chicken alongside grilled vegetables.

1. One at a time, place chicken breasts between sheets of waxed paper and pound to an even 1/2-inch thickness. Dust with cornstarch.

2. Spray skillet with cooking oil, add vegetable oil and place

over medium high heat. Cook chicken, turning once, 8 minutes, or until no longer pink at centre. Place on a serving dish.

3. To make the salsa, combine the tomatoes, avocado, cilan-

tro, olive oil, juice, garlic, honey and hot sauce.

4. Spoon the salsa over the chicken before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

For those days when you're just too tired, busy or lazy to cook, there are microwave dinners. But they'll also fill you up with calories and fat if you're not careful.



Hungry Man Backyard Barbeque

780 calories / 29 g fat
Consisting of chicken and pork patties, mashed potatoes, corn and a brownie, you're consuming half your daily calories.

Equivalent

One Hungry Man Backyard Barbeque meal is equivalent in fat to six grilled chicken burgers from Harvey's.



Hungry Man Roasted Carved White Turkey

500 calories / 14 g fat
The turkey, mashed potatoes, stuffing and apple cranberry dessert is a better choice with fewer calories and half the fat.

HELPING YOU *Find* THE RIGHT SCHOOL



Get insider connections with schools



Compare programs, pre-reqs and costs in one place



Gain exclusive tips from experts

Get Started Now

www.SchoolFinder.com



SchoolFinder.com

Your career search starts with a click

Hunting with a net.

The job search has moved from the want ads to the World Wide Web. How do you plan to get with the program?

KELLY
PUTTER
CareerBear.com

Searching for work online is much easier than back in the wearing-out-your-shoe-leather days, but that doesn't mean there aren't protocols to follow. In fact, engaging in a virtual job search presents a whole new set of rules.

Here, according to Dr. James Norrie, a social media guru in Toronto, are some dos and don'ts for online job hunters:

Don't dismiss social media as a frivolous fad for teens
Larger Canadian employers often banned access to

Online oopsies

Don't get caught with your pants down

- If you're cavorting on social media websites, know that privacy is a myth.
- You need to be careful about claiming your love for fascist groups or displaying photos of a half-baked you.
- Don't overexpose personal traits on any social media site that you're not comfortable discussing at work.

Move past the moping

"Searching for a job online is like looking for a boyfriend or girlfriend ... you have to let everybody know that you're available. You're going to have lots of no's but to get a yes, you need to go through that."

Dr. James Norrie
Social media guru

Don't overlook the power of social media

What gives social media its clout is what Norrie calls the network of networks or the ability users have to access and interconnect with the networks of other people, resulting in a far-reaching web of associations.

Don't be afraid to tell your network that you're job searching

Fewer and fewer jobs are advertised so you need to learn how to find and work



A quick button to blur your online past does not exist. Take your time to tidy things up. ISTOCK

the hidden job market. And, according to Norrie, LinkedIn is the number one hidden job network.

Use the power of your network and let people know you're actively looking for work. Share your credentials, talents and experience. Ask your connections to open up their networks to you.

Research shows that job opportunities are often twice removed — somebody who knows somebody you know leads to the job.

Do manage your online reputation

Google yourself and see what pops up. And don't be relieved if it's nothing. Norrie says it's

not that difficult to become irrelevant in the digital world. The question you need to ask is how can I make sure what's there is what I want to be there? Companies such as Reputation.com can manage your online reputation.

"You have to be aware that social media is becoming a go-to destination for consultants and HR people. The world of social media is not going away and we're all going to need to master what that means."

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



**DISCOVER
IMPROVE
ACHIEVE**

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

BUSINESS & LAW

- Honours Business Administration
- Supply Chain & Logistics
- Accounting & Payroll Administration
- Paralegal (LSUC Accredited)
- Law Clerk
- Police Foundations

TECHNOLOGY

- Information Technology Professional
- Information Technology Administrator
- Enterprise Web & Mobile Developer
- Network Administrator
- Video Game Design & Development
- Web Technology Specialist

HEALTHCARE

- Physiotherapy Assistant
- Occupational Therapy Assistant
- Pharmacy Assistant
- Addiction Worker
- Medical Office Assistant
- Personal Support Worker
- Community Services Worker

**CONTACT
US TODAY!**

1-888-894-1384
careerin1.com
520 FIRST STREET, LONDON

Download Canada's top rated newspaper app today

★★★★★

"I love this app, it keeps me up to date with what's going on in the city and around the world."

— NB

SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

metro

U.S. talent proves too much for Canada

WBC. Jones' eighth-inning hit opens U.S. floodgates as Canada's tournament comes to an end

Canada slipped on the edge of history, giving up a late lead and falling 9-4 to the United States on Sunday in a must-win game that eliminated the team from the World Baseball Classic.

Down 3-2 in the eighth inning, Adam Jones hit a two-run double off reliever Jim Henderson to give the U.S. its first lead of the game before Shane Victorino scored Jones on a single for a 5-3 lead.

Jonathan Lucroy added an insurance RBI and Eric Hosmer hit a three-run double off Canadian closer John Axford in the ninth that put the result beyond doubt.

Canada had pulled to within one after Adam Loewen hit a bases-loaded RBI in the bottom of the eighth inning, but pinch hitter Tim Smith grounded out to end the inning and ultimately Canada's tournament.

Canada controlled Sunday's game until Jones's hit, with Michael Saunders hitting a

On Sunday	
9	4
United States	Canada

two-run homer in the second inning and Loewen's single putting Canada ahead 3-2 in the sixth.

But U.S. relievers Heath Bell, David Hernandez, Steve Cishek and closer Craig Kimbrel stifled Canada's offence while American batters did the rest.

Canada (1-2), which has never advanced past the first round, began the tournament with a humiliating 14-4 loss to Italy that ended after eight innings due to the 10-run mercy rule. But the team fought back, literally, in the second game against Mexico with a 10-3 victory capped by a bench-clearing brawl.

The victory is a relief for the U.S. (2-1), which opened the tournament with a 5-2 loss to Mexico (1-2) but rallied back with a 6-2 win over Italy (2-1), which also advanced. The next round begins Tuesday in Miami. **THE CANADIAN PRESS**



American Adam Jones scores a run in the eighth inning of a 9-4 win over Canada at the World Baseball Classic on Sunday in Phoenix. Canada was eliminated with the loss. CHRISTIAN PETERSEN/GETTY IMAGES

WBC brawl

Bautista: Canada broke baseball code

Jose Bautista says Canada broke baseball's unwritten code Saturday by trying to run up the score in their World Baseball Classic win over Mexico, regardless of the tournament's tiebreaker rules.

"I'm not buying the fact that teams are bunting when they're up by six because of the rules of the WBC," Bautista told reporters Sunday morning.

"I believe in the unwritten rules of the game. They should be respected. It's a code amongst players and everybody who plays baseball at a level higher than Little League knows what it is and there's no excuse."

In the ninth inning of Canada's 10-3 victory over Mexico — they were up 9-3 at the time — Canadian catcher Chris Robinson, of London, Ont., bunted himself aboard to lead-off the final frame.

Mexican pitcher Arnold Leon then hit the next batter, Toronto's Rene Tosoni.

The benches cleared and a violent brawl ensued.

Robinson and Canadian manager Ernie Whitt defended the move by pointing out the importance of run-differential in the tournament's rules.

TORSTAR NEWS SERVICE

Knights pelted by Spitfires



Spitfires centre Alexander Khokhlachev had a hat trick and two assists in Sunday's 8-1 win over the London Knights in Windsor. AARON BELL/OHL IMAGES FILE

Alexander Khokhlachev had three goals and two assists and Jaroslav Pavelka stopped 44 shots as the Windsor Spitfires crushed the visiting London Knights 8-1 on Sunday.

Kerby Rychel, Alex Aleardi and Remy Giftopoulos each had a goal and two assists for the Spitfires (26-31-8), who have won back-to-back games, and Josh Ho-Sang and Emer-

On Sunday	
8	1
Spitfires	Knights

son Clark scored the others.

Olli Maatta scored the lone goal for the Knights (47-13-5), who dropped their first game in regulation in 10 outings.

Anthony Stolarz took the loss after giving up five goals on 24 shots in two periods of action. Jake Patterson replaced Stolarz to start the third and stopped 2-of-5 shots in relief.

THE CANADIAN PRESS

Speedskating

Nesbitt takes bronze in 1,500

Ottawa's Ivanie Blondin took silver in the mass start while London's Christine Nesbitt skated to bronze in the 1,500 metres in Sunday's long-track speedskating World Cup event in Heerenveen, Netherlands.

THE CANADIAN PRESS



London's Christine Nesbitt skates in the 1,500-metre long-track event on Sunday in Heerenveen, Netherlands. THE ASSOCIATED PRESS

MLB

Howard leads way as Lakers top Bulls

Dwight Howard scored 16 points and grabbed 21 rebounds, Kobe Bryant chipped in with 19 points, nine assists and seven rebounds, and the Los Angeles Lakers beat the Chicago Bulls 90-81 Sunday.

THE ASSOCIATED PRESS

NHL

Malkin sits after injury vs. Toronto

The Pittsburgh Penguins scratched Evgeni Malkin from Sunday night's game against the New York Islanders after he appeared to hurt his shoulder in the final minutes of Saturday's 5-4 shootout win over Toronto. **THE ASSOCIATED PRESS**

MLB



Toronto Blue Jays starter Ricky Romero who is trying to recover from a terrible 2012 season where he accumulated a 9-14 record with a 5.77 ERA.

"You can't sit there and dwell on it. It's done, it's over."

4 SPORTS

NHL. Blue Jackets ground Wings for 5th straight win

Ryan Johansen and Matt Calvert scored in the shootout and the streaking Columbus Blue Jackets beat the Detroit Red Wings 3-2 on Sunday to complete a home-and-home sweep.

Derick Brassard and R.J. Umberger had goals in regulation and Sergei Bobrovsky made 20 saves through overtime for Columbus, which has won five straight. The Blue Jackets topped the Red Wings 3-0 in Columbus on Saturday.

The Blue Jackets are 5-0-2 in their last seven games after getting only 12 points in their first 19.

Jakub Kindl and Johan Franzen scored for Detroit in regulation and Jimmy Howard stopped 19 shots. Pavel Datsyuk scored the Red Wings' only goal in the shootout.

The first three goals of the game were scored in a 1:15 span early in the second period and the Blue Jackets held a



Colton Gillies, left, of the Columbus Blue Jackets, protects the puck from Detroit Red Wing Ian White on Sunday. PAUL SANCYA/THE ASSOCIATED PRESS

2-1 lead after the flurry.

Franzen tied the game at 2 with a 5-on-3 power-play goal 25 seconds into the third period. Franzen fired a one-timer from the inside edge of the right circle off a pass from Damien Brunner for his fifth goal. **THE ASSOCIATED PRESS**

NBA

Johnson leads Raptors past Cavs

Amir Johnson scored 17 points and tied his career high in rebounds with 16 to lead the short-handed Toronto Raptors over the Cleveland Cavaliers 100-96 on Sunday, for only their second victory in eight outings.

Alan Anderson scored a team-high 18 points for the Raptors. **THE CANADIAN PRESS**

NBA

Bargnani re-injures elbow

Toronto Raptors centre Andrea Bargnani will undergo diagnostic testing on his elbow on Monday after he aggravated it in Friday's loss to the Lakers in Los Angeles. He missed 26 games earlier this season when he tore ligaments in his right elbow and sprained his right wrist. **THE CANADIAN PRESS**

Rangers capitalize on Ovechkin's penalties

NHL. After asking refs for more respect, Washington star's miscues lead to backbreaking goals

On Sunday

4

Rangers

1

Capitals

About two hours before the opening faceoff, Alex Ovechkin asked for more respect from the refs.

His day went downhill from there.

The two-time league MVP was directly responsible for three of the New York Rangers' goals, including a pair after a rare sequence in which he was cited for two penalties within seconds of each other without a stoppage in play.

Derek Stepan, Brian Boyle and Ryan Callahan took advantage of Ovechkin's miscues Sunday to lead the Rangers to a 4-1 win over the Washington Capitals, New York's fifth win in six games.

"When we're parading to the box all the time," Washington forward Troy Brouwer said, "we don't have a hope."

Steve Olesky scored his first NHL goal for the Capitals, who endured a rough weekend against teams named New York. Washington lost 5-2 on the road against the Islanders on Saturday, a game in which Mike Ribeiro and Jeff Schultz each took double-

minors in a span of less than four minutes in the third period, leading to two Islanders goals.

One of Ribeiro's minors was for unsportsmanlike conduct and Ovechkin said before Sunday's game that "some refs don't like some personalities on our team" and are too quick to call a penalty when they hear a complaint.

"You have to respect us," Ovechkin said. "We're emotional, we're in the game. When we say something bad to linesmen or bad to referees, we can't give them two minutes when they yell at me."

It's worth noting, however, that the rare double-call against Ovechkin a few hours later had nothing to do with yelling at an official. He tripped Callahan, and then, with the call delayed while New York was pulling the goalie, he dragged down Ryan McDonagh from the side for a holding call.

THE ASSOCIATED PRESS



New York Rangers centre Brad Richards, left, celebrates his goal with Rick Nash against the Washington Capitals on Sunday in Washington. The Rangers won 4-1. NICK WASS/THE ASSOCIATED PRESS

Metro London Student Athletes of the Week!

Meet Metro's featured students from **Medway H.S.** This feature highlights exceptional students in partnership with the Thames Valley District School Board.



Sean Candler,
Age 18
Sports: Volleyball,
Hockey, Rugby

Study of Interest: Kinesiology

Athletic Achievements: Mt. Brydges Bulldogs Jr. C. 2012-2013 Top Scorer, Rugby Captain

School Involvement: Peer Supporter



Sarah Douglas,
Age 17
Sport: Field Hockey,
Badminton, Swim Team

Study of Interest: Food & Nutrition at Western

Athletic Awards: National Synchronized Swimming Champion, WOSSA Bronze Medalist in Field Hockey and Swim Team Individual OFSAA Qualifier

Community Involvement: Komoka-Kilworth Optimist Club, H.O.B.Y. Leadership Program, Free the Children London Chapter



**A NEW WAY
TO PLAY**

REGISTER NOW!

Register online at westernfairdistrict.com

LEAGUE STARTS

MAY 4th

Individual Rate

\$150

per person (taxes incl.)

Team Rate

\$1,560

per team (taxes incl.)

2013 CO-ED DIVISIONS:

From Tyke to Adult 18+

SPORTS CENTRE

**WESTERN FAIR
district**

be entertained
westernfairdistrict.com



Horoscopes

Aries

March 21 - April 20

Today's new moon will be helpful if you have a clear idea of what it is you want. If though you are still confused or undecided it will most likely pass unnoticed. It's not too late to make up your mind.

Taurus

April 21 - May 21

There is no guarantee that what you are about to attempt will succeed but don't let that stop you. Life is an adventure or it is nothing.

Gemini

May 22 - June 21

Everything happens for a reason and if you keep that thought in mind today you won't be too fazed by what occurs. On the work front someone in a position of authority could make you an interesting offer.

Cancer

June 22 - July 23

Try to stand outside yourself and see the bigger picture. If you look at today's events from a purely personal point of view you run the risk of missing something important. Widen your perspective, just a little.

Leo

July 24 - Aug. 23

If there are things about your life and your relationships that you do not like then get rid of them now. Not everyone will be happy with the changes you make but that's all the more reason to make them.

Virgo

Aug. 24 - Sept. 23

What happens over the next few days could turn your world on its head. Just when you thought Lady Luck had forgotten about you she pops up to bring you something nice.

Libra

Sept. 24 - Oct. 23

Don't give up on your plans. What happens this week may cause you to think again about your ambitions but don't use that as an excuse to abandon them altogether. You're still moving in the right direction.

Scorpio

Oct. 24 - Nov. 22

A new moon in your fellow Water sign of Pisces means you can quite easily make your dreams come true. Don't let any kind of negative thoughts take root in your mind today. Think positive. Feel positive. Act positive.

Sagittarius

Nov. 23 - Dec. 21

A loved one may give you a hard time but if you are smart you won't give them a hard time back. It's not you they are annoyed with but life in general. By this time tomorrow the crisis will have passed.

Capricorn

Dec. 22 - Jan. 20

Something you say or do over the next 24 hours could easily be taken the wrong way by someone you love. Do you really have to be so blunt? Think before you speak.

Aquarius

Jan. 21 - Feb. 19

The planets suggest you have been kidding yourself about the real reasons for a failure of some kind. It would help if you saw things as they really are.

Pisces

Feb. 20 - March 20

Today's new moon in your sign will encourage you to believe that all things are possible. It will also encourage you to actually do something creative rather than just think about it. It's time to step up and shine. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Star Wars character, ___ Vader
- Saint-Jean-___-Riche-lieu, QC
- Mom's hubby
- Kleenex-user's sound!
- Coming-___-___ movie
- She gave Odysseus a veil
- Corporate shuffle, in brief
- Cape Breton ___ National Park
- Airport schedule acr.
- SNL alum Kristen
- Stock mkt. debuts for companies
- ___-eyed
- Montreal football players
- "Raiders of the Lost ___" (1981)
- Meas. from a circle's centre
- Rested
- Tries to get a dieter to eat chocolate
- Hectic hosp. units
- Hesitant sounds
- Smudges
- Internet connection letters
- Tom Cruise flick, "___ Maguire" (1996)
- As written
- Type of pan
- Beer brand, ___ Can-adian
- Calder Cup sports org.
- 'Masc' ender (Eye

makeup)

47. "Fancy that." [pl.]

48. Activity for Canada

Geese in Spring

51. Hat

54. Gas, for instance

55. Hostels

56. "___ Maria"

57. Shakespeare: Othello's

wif

60. Fortune Teller's card

62. "Hey, no need to over-

share!", briefly

63. Hair fringes

64. Broadcasting now: 2

ws.

65. Cul-de-___

66. Greek alphabet's 7th

letter

67. The 'N' of TNT

Down

1. Challenged

2. Prefix meaning 'Vin-

egar'

3. US state, ___ Island

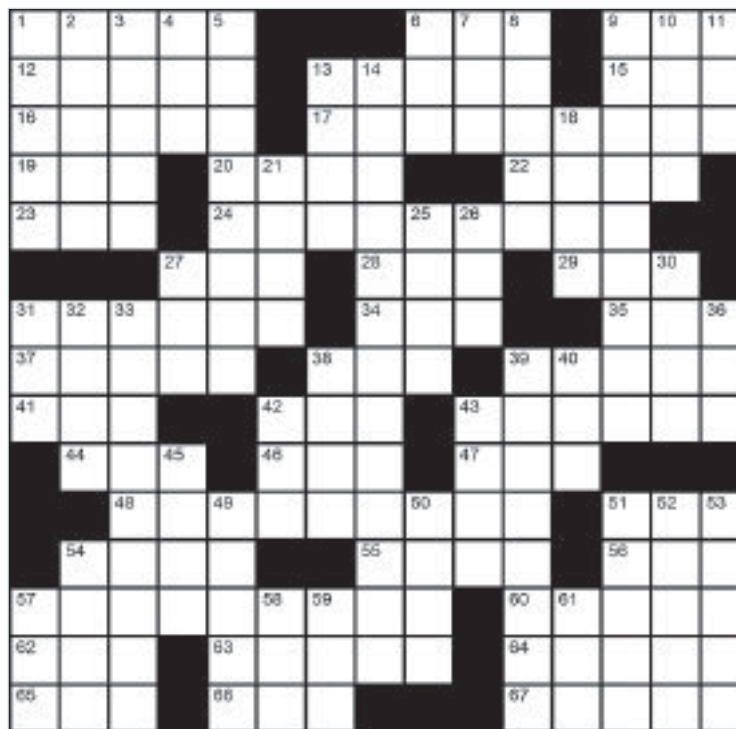
4. Maple Leafs, on score-

boards

5. Harry Potter's school

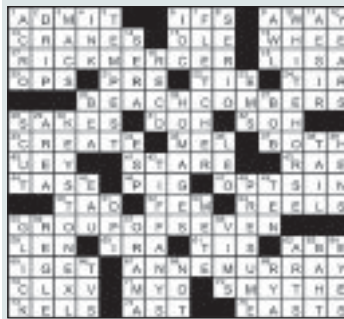
6. Droop

BY KELLY ANN BUCHANAN



- "Gross me out."
- Illuminated the candle again
- They roamed the Badlands of Alberta
- Conjunctions
- ___ and don'ts
- ___ Art Company (Etch a Sketch maker)
- March 11-17: London, ON is hosting the 2013 ISU World ___ Championships
- Imitates
- Varieties
- British peer
- CFL cheers-getters
- Mo. after March
- Via, to a poet
- "Conan" cable network
- Director Mr. Kazan
- VJs network
- Tip to 'thetic' (Man-made)
- "___ the Explorer"
- Governor General of Canada, David ___
- Ems precursors
- Military conflict
- Satellite
- Fibbed
- The ___ (Area of Ottawa)
- "___ little time..." (The quickest way)
- 18-___ gold [var. sp.]
- Intro-to-French verb
- Gas station, ___-Canada
- Hurricane Katrina org.
- Calendar times, e.g.
- Welcome ___
- "Bird ___ Wire" (1990)
- Cuckoo bird type

Friday's Crossword

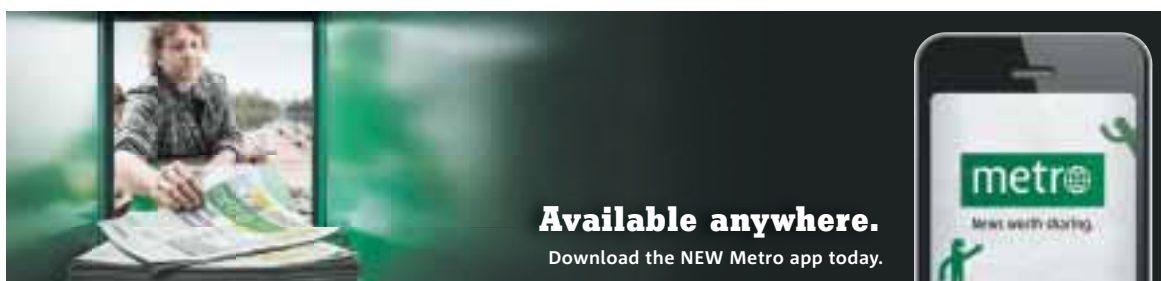


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Available anywhere.

Download the NEW Metro app today.



QuestChat
NORTH AMERICA'S MOST USED CHAT APP

FREE TRIAL

519.439.4444
Other Cities 1.888.482.8282

THE QUESTCHAT POWER
Text "QUEST" to 46688 or 46689
Free trial not available in all areas

questchat.com
Available on the App Store and Google Play

*SOME RESTRICTIONS APPLY

Do You Aspire To Lead?



- Are you new to a leadership role?
- Are you a leader who would like to invest time in the exploration of your unique leadership style and strengths?
- Are a leader who desires to use your leadership talent for community initiatives?

**Designed by emerging leaders
for emerging leaders.**

To Register visit:
emergingleaders.ca

2013 Leadership London Keynote Speakers :

March 19th 2013 8am-9am:

On Credibility with Glen Pearson – Former MP and Co-director of the London Food Bank

April 9th 2013 8am-9am:

Leading Teams with Mike Schmalz – CEO of Digital Extremes

May 7th 2013 8am-9am:

Leading & Working Through Conflict with Janet Frood – CEO of Horizon Leadership Institute

May 21st 2013 8am-9am:

Visioning with Jeff and Lindsay Sage

